## **CDC: Tips from Former Smokers – Christine (:60)**

This program is presented by the Centers for Disease Control and Prevention.

[Christine] I'm Christine. I'm here to give you a tip on how to eat if smoking gives you oral cancer and you have to have your jaw removed, like I did. Since chewing is kind of difficult without a jaw and if you're like me, without any teeth, too, you'll be on a liquid diet.

SFX: SHAKING CAN OF FORMULA.

[Christine] Okay, I'm pouring it into my feeding bag. In case you're wondering, it looks pretty much like how it sounds.

SFX: LIQUID SLOPPING INTO A PLASTIC BAG.

[Christine] Here we go. That sound you're hearing is the sound of your dinner from now on, and your lunch, and your breakfast.

SFX: MACHINE PRIMING.

[Christine] My tip for you is, don't get too hung up on choosing the flavor of your liquid diet. They all really taste the same, once you put them in your feeding tube.

SFX: MACHINE GRINDING, RESTING, THEN GRINDING SOME MORE.

[Announcer] Smoking causes immediate damage to your body. You can quit. For free help, call 1-800-QUIT-NOW.

A message from the US Department of Health and Human Services and CDC.

For the most accurate health information visit <u>www.cdc.gov</u> or call 1-800-CDC-INFO.